



Indian Well State Park, Shelton, CT

Indian Well got its name from a Native American fable about a secret romance between a boy and a girl from warring tribes: the Paugussetts and the Pootatuks. When the girl's father learned of their romance, he burned the boy's village to the ground. Believing her lover to be dead, the girl threw herself off the waterfall. The boy, however, was merely hiding in the woods near the falls. When he saw her body in the water, he too jumped to his death. Whether or not this sad story is true, this park is great for picnicking, biking, swimming, fishing, and hiking. The Blue-Blazed Paugussett Trail is for advanced hikers with steep slopes and some rock scrambles. It was originally built in the 1930's with labor from the Civilian Conservation Corps (CCC) and Works Progress Administration (WPA).